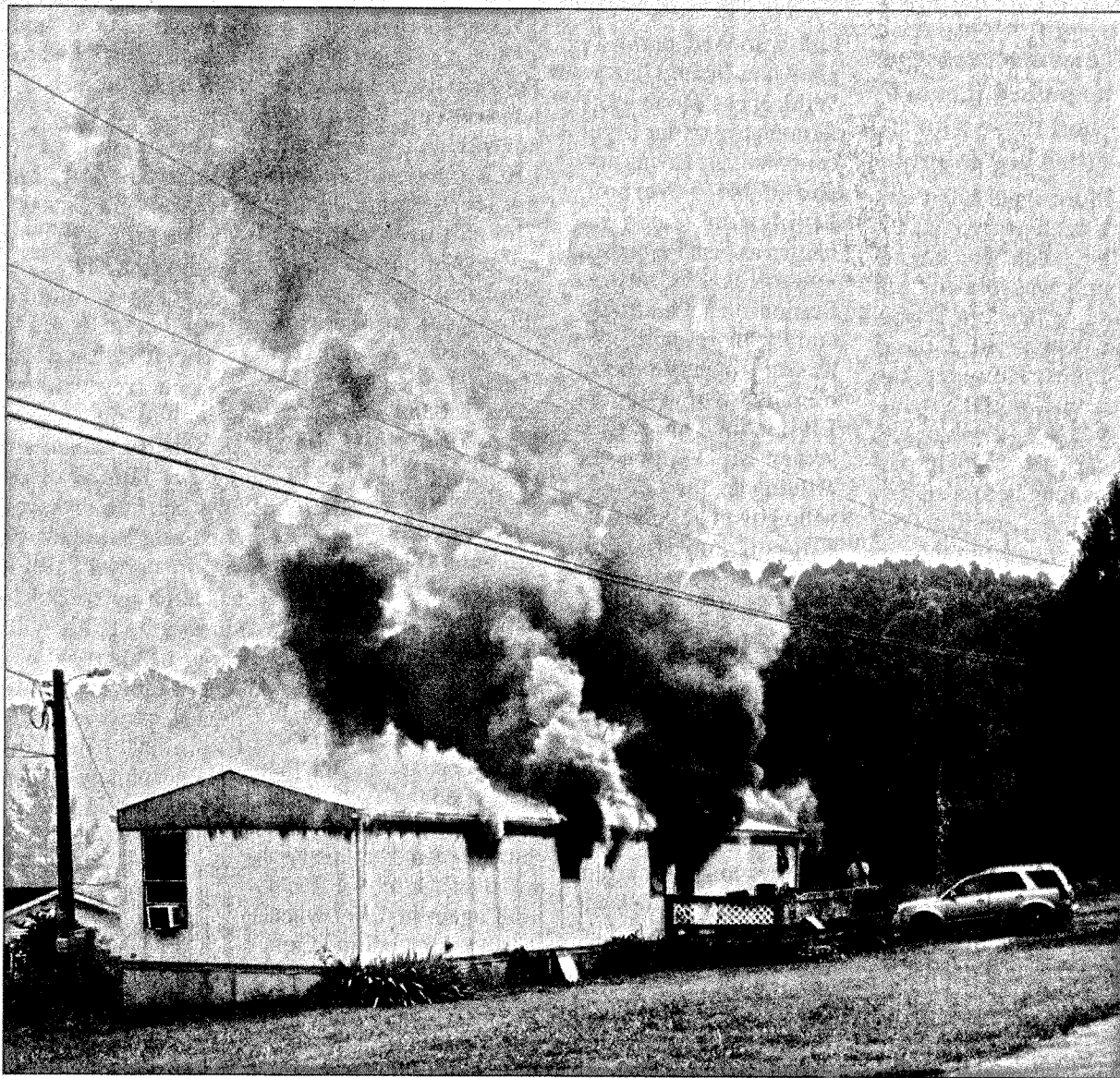


Mount Vernon

Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 • (606) 256-2244 Volume 137 • Number 25 .50 per copy Thursday, August 3, 2023

Dangerous and rewarding



Members of the Mount Vernon Fire Department along with Brodhead Fire Department were called to a structure fire on Kelsey Lane in Mount Vernon Saturday. While fighting the blaze and heavy smoke, two firefighters were transported from the scene by Rockcastle EMS to Rockcastle Regional Hospital for suspected heat related issues and a sprained ankle. The two firefighters were evaluated at Rockcastle Regional Hospital for non-life threatening injuries. No other injuries were reported but the home was listed as a complete loss. The cause of the fire has not been released at press time. Both firefighters were released from the hospital after being evaluated and officials of the department say extensive training and top grade equipment kept the firefighters from experiencing bigger problems. Assistant Chief Brian Bullock said heat issues exist at most calls during the heat wave in July but firefighters train for such situations. Also on the scene was the Rockcastle EMS, Mount Vernon Police and Kentucky State Police.

Livingston names Codes Enforcement board members

— Plans to repair water system

By: Mike French
Editor

Livingston Mayor Larry Davidson called a special called city commission meeting with two items on the agenda last Tuesday evening with a full City Hall.

The first item called for a vote agreeing to spend \$10,000 to \$15,000 on needed Water and Sewer Department repairs. Davidson said two

pumps operate the station but one of the pumps is not operating causing the second pump to be greatly overworked.

Including some other drainage issues that need repairs, Davidson asked the commissioners to agree to spend the remaining ARPA Funds on the issues. "The reason we don't know the price exactly yet is that we plan to get some

(See "Codes" on A5)

Little World's Fair

Pageants to be held August 13

By: Mike French
Editor

The Little World's Fair Pageants are scheduled for Sunday, August 13 at 1:30 p.m. at the Brodhead Elementary School.

Doors will open at noon and registration and check in will end promptly at 1:15. Preregistration is available and preferred but is not required.

All rules of the

KAFHS Pageants will be followed at the event and all entrants must provide a hard copy of the entrant's birth certificate.

The event is open to all Kentucky residents. All Miss Rockcastle contestants may be between 16 and 22 and cannot have reached their 22nd birthday by 10/31/23.

All Teen contestants must be between 16 and 19 and not have reached their 16th birthday by 10-31-23.

Pre-Teen contestants must be between 8 and 13 (See "Pageant" on A5)

App Harvest company files for bankruptcy

How will this affect the new RCHS program?

By: Mike French
Editor

App Harvest Corp, a Kentucky based high-tech agriculture company with one of six high-tech systems located at the Rockcastle County High School, has filed for bankruptcy. The company, estab-

lished in 2018, was spreading rapidly throughout the state with new innovative ideas for growing vegetables without pests, much more efficiently than gardens, grown year-round and at greatly reduced costs. The new indoor

system is placed inside enclosed, movable trailers and lit with a well regulated LED lighting and included a perfectly calculated watering system.

The new idea was spreading throughout Kentucky high schools and one of the six

locations chosen for the new system included Rockcastle County High School.

In a large outdoor

ceremony, with dignitaries from across the state including speakers from

(See "App" on A5)

Boat dock closed due to low water

By: Mike French
Editor

Officials with the City of Mount Vernon were forced to close the Lake Linville Boat Dock last week due to the low water level in the lake.

Mayor Tim Roberts said the water level had dropped to a point that boats and trailers were getting stuck at the dock forcing the closure.

However, Roberts said the lower water level has had no effect on the Mount Vernon water system.

Officials say they will keep a watch on water levels since a lack of rain has been evident over the month of July. As soon as water levels allow, officials say they will reopen the docks for public use.

Checkpoints planned

The Kentucky State Police, London Post which provides coverage for Clay, Laurel, McCreary, Pulaski, Rockcastle, Wayne and Whitley counties, will be conducting periodic traffic safety checkpoints as approved by the Kentucky State Police Policy and Procedures Manual. These checkpoints will be conducted in an effort to enforce the traffic laws of the Commonwealth of Kentucky.

The Kentucky State Police utilizes traffic safety checkpoints to promote safety for motorists using the public roadways and to provide a deterrent for those who violate laws contained in the Kentucky Revised Statutes.

A complete list of traffic safety checkpoints location can be found at <http://kentuckystatepolice.org/post-locations/post-11/post-11-checkpoints/>

Charges made for stalking and violating EPOs last week

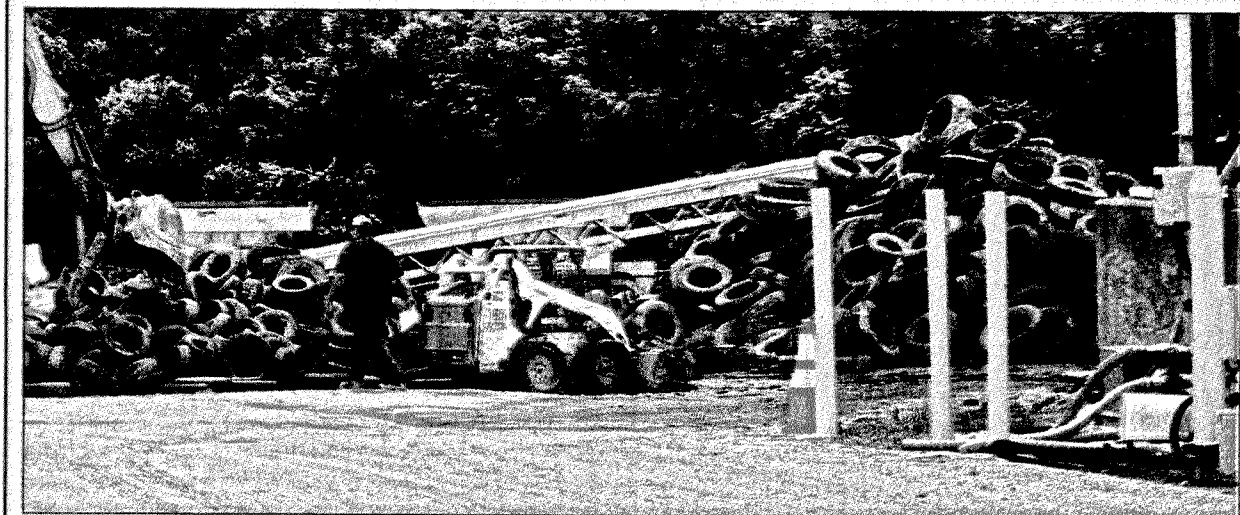
According to Livingston Police Chief Travis Davis, Samuel Mullins, 45, of Climax was arrested and charged with stalking in the sec-

ond degree and violating a previous order to stay away from an unnamed victim last week.

Davis said he was con-

(See "EPO" on A5)

Tired of pollution



The Rockcastle County Solid Waste Program held a Free Tire Drop off weekend last month. Officials say burning tires are among the biggest pollutants in America and those that aren't burned sometimes end up along roadsides in ditches or in illegal dumps. The local center held the three-day event allowing anyone to drop off their old, used tires. There were 23,743 tires dropped in the three day event. Officials say this event has helped the community as well as the environment.

Fiscal Court

The Rockcastle County Fiscal Court regular monthly meeting is scheduled for Tuesday, August 8 at 4 p.m. in the third floor conference room of the courthouse. A workshop is planned for Monday, August 7 at 4 p.m. in the same location. The public is invited to both meetings.

Livingston meeting

The Livingston City Commission's regular monthly meeting is scheduled to be held Thursday, August 10 at 4 p.m. at City Hall. The public is invited to attend.

School Board

The regular monthly meeting of the Rockcastle County School Board is scheduled for Tuesday, August 8 at 6 p.m. in the Teaching and Learning Center on Richmond Street. The public is invited to attend.

Of Special Note Inside

Contact us at: mvsignal@windstream.net
Deadline submission is 4:00 p.m. Monday

- Viewpoints Pg. 2
- Obituaries Pg. 4
- Puzzle Page Pg. 7

- Historical Haven Pg. 2
- Classifieds Pgs. 8&9

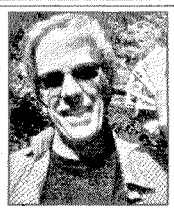
Deadline is Monday at 4 p.m.

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Aces Over

By: Mike French



I get some remarks from some who think I am not a patriot because I am so dissatisfied with our current form of government. Even our crying governor has suggested that anyone who disagrees with him is not a patriot. But I am indeed a patriot. I hate what our government has become because it is the opposite of what a true patriot should desire. Our country is an idea, a philosophy and is made up of its people, not its government.

In fact, I believe the people who go along and do not resist this dictatorship/totalitarian, unethical, immoral form of government are the ones who are not patriots.

I believe with all my heart in what our founding fathers created. I believe and support their ideas, their goals and their hopes and dreams for the future of America. However, what we have now is by no means what our founders planned for the great experiment. Whether liberals like it or not, deny it or not, fight it or not, America was founded on Christian principles by Christian men who used Christian morals to determine our laws and social norms. Like it or not, it is a fact.

I believe this constitutional republic was founded on freedom and liberty, Christian values and individual rights and principles that are not negotiable, nor are they up for debate.

I believe the people who are scared of life and afraid to make their own decisions have allowed this government to take a turn away from freedom and liberty and into a totalitarian, controlling society. People who are scared of everyone else needs government to protect them from others by force so that they can do

any ignorant or immoral thing their heart desires without suffering the consequences. "Daddy government, protect me and my evil desires!"

I do not fight government because I don't want to wear a seatbelt. I fight a government who would force its people to do things they do not wish to do, like wearing a seatbelt. There is a massive difference. I do not fight government because I want to own a bumpstock for my own reasons that are no one's business. I fight a government that would deny people rights guaranteed by the founding fathers who created a free America.

No, the Constitution does not say "Bumpstocks cannot be forbidden." That argument perfectly demonstrates the ignorance of gun haters. The Constitution also does not say "people may own their own home computer." But we can't we."

What the Constitution does say is that my right to bear arms SHALL NOT BE INFRINGED! Therefore, the government has zero authority to regulate what sort of arms I own. It is really very simple and could not be more plain. A first grader would understand it.

But this is another example of how Democrats use manipulation and twist words and distort the meaning of the Constitution and the Bible to say what they want it to say.

In my view, those who wish to create a government with control over its people are as unpatriotic as an American citizen can be. This country was created for the people to have authority over its government. Politicians are to be servants, not

(Continued on A-3)

Rockcastle Historical Haven

By: Markita Proctor

Rockcastle Rivers and Road: Remembering those who passed through and those who settled our county

More than 200 years ago, on January 8, 1810, to be exact, Rockcastle County was formed from parts of Lincoln, Madison, Knox, and Pulaski counties. However, the area that would eventually be known as Rockcastle was of importance long before 1810.

Native Americans did have encampments in what is now Rockcastle County. There is some evidence to suggest that some camps were more permanent than others. According to the article, "History behind the Wilderness Trail" on history.com, "Some known tribes including the Cherokee and the Shawnee used our trails to make attacks on each other and called our Wilderness Road the Athowominee, roughly translated as "Path of the armed ones or the Great Warrior's path". Rockcastle County is a land rich in history. The idea that Kentucky was merely a hunting ground is debatable, but research does confirm that this land was occupied long before European settlers arrived.

Europeans did arrive. Daniel Boone was prominent in exploring Kentucky from Cumberland Gap and into Fort Boonesborough. The Wilderness Road, which runs through what we now know as Rockcastle County, was prominent in Daniel Boone's journey forging a pathway through Kentucky in 1775. Boone was not the first to trek through this land. Dr. Thomas Walker took an exploring party along what is now Rockcastle River in 1750. As stated on the site, explorekywetlands.com, Walker noted the massive rock formations along the river but named it the Lawless River after a man in the party. Hunter, Isaac Lindsey later traveled the river. Lindsey named a massive rock formation Castle Rock and renamed the river the Rockcastle River after those same rock formations noted by Dr. Walker.

There are two prominent paths through Rockcastle County. Wil-

derness Road, also known as Boone's Trace, and a second pathway known as Skaggs Trace. Wilderness Road runs through two of our larger communities: Livingston and Mt. Vernon. Livingston was first known as Fish Point then known as Livingston Station and eventually simply Livingston, believed to have been named for James Livingston, an earlier settler. Mt. Vernon, according to the website achp.gov (The Advisory Council on Historic Preservation) was originally known as White Rock and was established in 1790 and was centered around a watering spring called Spout Spring. Skaggs Trace is considered to be a branch or tributary of the Wilderness Trail followed closely along the current Highway 150 and leads through Brodhead, KY. Located at the headwaters of the Dix River, originally known as Stigalls Station. Skaggs Trace was the original pathway from Hazel Patch to Crab Orchard. Many of our ancestors must have traveled along these roads to settle in Rockcastle County.

While Daniel Boone and Dr. Thomas Walker must have walked through our county, Stephen Langford was one of the first to actually settle here. As noted in John Lair's book, Rockcastle Recollections. There is some debate as to the location of the "Langford House". There are at least three different Langford houses referenced in tales of Stephen Langford, the man believed to be Rockcastle's founding father. The first is the house located at Ft. Sequoyah, another in Mt. Vernon, and yet

(Continued on A-5)

T.J.'s Journal

By: Tonya J. Cook



Mysterious Things That Make You Go Hmm...

Dear Journal,

Some of my favorite things in life are the mysterious ones. When I go surfing on the web, oftentimes something mysterious comes along. This past week there was a story about a "ghost ship" that popped up. As it turns out, there are approximately four to five hundred of such vessels afloat around the world. They're simply abandoned ships that are adrift in the world's oceans. From time to time they are seen by other ships and reported.

The one I read about was the "Ghost of the Arctic", the Baychimo. It was built in Sweden in 1914. I'm not certain, nor is anyone else, as to what happened that caused the crew to abandon the ship, but they did. The ship was seen in March of 1933 and again in 1939 when she was spotted, and Captain Hugh Polson got close enough to board the "ghost ship". Not a soul was to be found, but the ship was still afloat. In the pictures of it, it reminded me of the famous Titanic. However, the Titanic was a passenger ship and the Baychimo looked to be more of a freighter for the transport of goods. They both had similar styles and were made of heavy metal. The last time the Baychimo was seen was in 1969, frozen in ice,

fifty-four years ago. There was a gap of thirty years between the 1939 sighting and the 1969 sighting. I would think it is about time for her to be seen again if she hasn't sunk.

The queen of the "ghost ships" is the Mary Celeste. She was a wooden sailing ship built in America. The Mary Celeste was found on December 4, 1872 adrift in the Atlantic Ocean with no crew. She was launched on May 18, 1861. A Canadian ship, the Del Gratia, discovered her in a disheveled condition but seaworthy, and in partial sail. She had left New York on November 7, 1872, with a cargo of alcohol. When found, the seven-to-ten-person crew, as well as Captain Benjamin Spooner, his wife Sarah and their two-year old daughter, Sophia, were gone. The last entry in the captain's log was at 5 AM on November 25. All personal property and cargo were still intact. The case of the Mary Celeste remains to be a mystery with numerous speculations swirling about the ship. It makes you want to say "Hmmm"

Then, there is the tale of the plane of almost one hundred skeleton passengers

and crew who have been in flight for years and land every so often. But I'll save that for next week.

Letters to the Editor Policy

Letters to the editor must be no more than 400 words without prior arrangements. Letters are published in the order in which they are received as space permits. Letters must not contain libelous materials. No more than two letters supporting a political candidate per household. Letters must be in the Signal office before 4 p.m. on Monday to be considered for that week's publication. All letters must include the author's name, signature, address and telephone numbers. Illegible letters will not be considered for publication. Letters not meeting these guidelines will neither be published nor returned to the author. For questions or to make arrangements for a letter exceeding the word limit, contact the editor at 256-2244.

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Paige Bengel, Advertising/Composition Manager
Mike French, Editor

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BACK TO SCHOOL BASH

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Mobile Home ~ Lots ~ Vehicles & Personal Property

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2637 Lower River Rd., Livingston, Ky.

Directions: From Hwy 25 near Rockcastle/Laurel countyline, turn on Lower River Rd. Proceed to auction, signs are posted.

TRACT 1A consists of a 2021 16x80Giles mobile home. It has living room, eat-in kitchen, 3 bedrooms, 2 baths, central heat & air, shingle roof, front porch and nice rear deck w/ ramp. If sold separately from lot, purchaser is responsible for moving within 30 days.

TRACT 1 measures 1.29 acres w/ both cleared land and woods. It has an abundance of frontage on Rockcastle River as well as blacktop frontage and city water. This tract has a double foundation that the mobile home sits on. This tract is improved with a storage building.

TRACT 2 measures 1.01 acres which is primarily a wooded tract w/ 227' of blacktop frontage and river frontage. City water is available.

Vehicles & Personal Property includes:

2018 Kia Rio ~ 2010 Kia Forte ~ vinyl couch w/ recliners ~ buffet ~ coffee table ~ 2 flat screen televisions ~ carousel ~ Victorian style ornate table and couch ~ electric recliner ~ stainless steel Frigidaire refrigerator ~ stainless steel Frigidaire range ~ 5 piece dinette set w/ minor damage ~ GE washer ~ Maytag dryer ~ king size bed ~ dresser w/ mirror ~ Thomas Kincaid canvas ~ gas stone fireplace ~ wicker furniture ~ wooden benches ~ wrought iron & wood loveseat ~ mirrors ~ several prints, some signed ~ large assortment of Christmas decorations ~ portable carport ~ ladder ~ folding tables ~ costume jewelry ~ baker's rack ~ area rugs ~ bar stools ~ ottomans ~ collector plates and much, much more.

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Operation RoundUp

Jackson Energy's Operation RoundUp Program recently presented checks on behalf of the program to two local operations. Shown above, Noreitta Thompson and Virginia Hansel accepted a check for \$750 on behalf of the program. Shown at left, Jackson Energy's Brent Jackson presented a check for \$600 to Jessica Blankenship of the Rockcastle Tourist Commission.

Award goes to Hospice Care Plus

Hospice Care Plus, Rockcastle County's provider of hospice and palliative care, has been named a 2023 Hospice Honors Award recipient by Healthcare First.

Hospice Honors is a prestigious program that recognizes hospices across the country providing the highest level of quality as measured by patients and families. Hospice Care Plus is one of only 7 hospices in Kentucky to earn the award in 2023.

Award criteria are based on the results of surveys completed by patients and families who have received hospice care. To earn Hospice Honors status, a hospice must have scored above the national average on 85% of the questions on the Hospice Consumer Assessment of Healthcare Providers and Systems (HCAHPS).

The questions include the level of satisfaction with services, education and treatment received by the patient, whether the patient was treated with respect and dignity, sup-

port and education provided to the family caregiver, and the caregiver's willingness to recommend the hospice to others.

"This award is one of the most meaningful we can receive," said Lisa Cox, CEO of Hospice Care Plus. "The fact that it comes directly from the experience of the patient and family makes it the strongest measure of how we're doing in our care and services."

Cox credits Hospice

Care Plus's quality of care to its staff, volunteers, and the community members, organizations, businesses and churches that support the non-profit.

"They have a true heart for this work," said Cox. "They care very deeply about the people we serve and want to help them make the most of every moment. The award and the survey results are a reflection of

(Continued on A10)

Rockcastle Community Bulletin Board

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Rockcastle County Bookmobile Schedule

Monday, August 7th: Spiro, Level Green, Willailla, Ky. Hwy. 3245, Bryant Ridge. **Tuesday, Aug. 8th:** Ottawa and Bee Lick.

MVHS Reunion is September 9th

The Mt. Vernon High School Alumni Reunion Committee has scheduled the annual reunion for September 9, 2023 beginning at 6 p.m. at the Rockcastle County Middle School in Mt. Vernon. The reunion will recognize and celebrate the classes of: 1948, 1953, 1958, 1963 and 1968. The committee needs a contact person to assist in contacting your classmates from these five featured classes. Please contact Mae at 859-749-2185 or Glen at 859-582-8745 if you can help in planning for your class reunion. The fee for tickets is \$20 for each and reservations must be made in advance, due to the increase of food prices for the meals. *We look forward to seeing everyone September 9th.*

Weekly Grief Support Group

A weekly grief support group meets each Thursday at 2 p.m. at Hospice Care Plus and Compassionate Care Center, 350 Isaacs Lane, Richmond. Please pre-register at hospicecareplus.org or by calling 859-986-1500. Open to anyone whose loved one was cared for by Hospice Care Plus. If travel is an obstacle, contact Abby at 859-986-1500 to request alternative grief support options.

Kiwanis Club Meeting

The Rockcastle Kiwanis Club now meets at Limestone Grille each Thursday at noon. Kiwanis is a service organization working to improve the lives of children. The public is invited.

Celebrate Sobriety Service

CrossPoint Missions hosts a Celebrate Sobriety Service on Sundays at 2 p.m. at the Mt. Vernon City Park. For more information call John Burton, Pastor, 606-392-6141.

Chamber of Commerce Meetings

The Rockcastle County Chamber of Commerce meets once a month, on the third Tuesday, at noon at Limestone Grille. All members are encouraged to attend.

VFW Post 5908

Rockcastle Memorial VFW Post 5908 at Lake Linville welcomes all military service members and their families. The post is open by appointment only, currently. If you would like to rent our event hall for special occasions, please call the number below. Monthly meetings are held on the 3rd Saturday of every month at 5 p.m. Those wishing to contact the VFW for help, information or any need, please contact Post Commander Michael Parsons 859-308-3568 and/or District Commander William B.J. Thomason at 606-392-1207.

Mt. Vernon Lions Club

The Mt. Vernon Lions Club meets on the first and third Tuesday of each month at 6 p.m. at Limestone Grille.

American Legion Post News

The David M. Smith American Legion meets at Limestone Grille the second Thursday of every month at 6 p.m. If you wish to eat before the meeting, arrive at 5 p.m. For more info, call Commander Kathy Bobo at 606-308-1208 or Chaplain B.J. Thomason at 859-358-2882.

DAR Meetings

The Rockcastle Chapter of the Daughters of the American Revolution meets the first Monday of each month, September-May at 6 p.m. at First Christian Church in Mt. Vernon. All prospective members are welcome to attend.

Rockcastle UNITE Coalition

The Rockcastle County UNITE Coalition meets the 2nd Wednesday of each month at noon at Marcella's Farm to Fork Restaurant to plan activities Please join us each month.

Celebrate Recovery/AA/NA

Monday-Celebrate Recovery-Brodhead: Community Outreach Center, Monday, 6 p.m. 36 Castle Village Dr., Brodhead, Ky. Contact: Nathan DeLeon 859-230-9590, Kathryn Pope 606-308-3099 or Tammy McGuire 606-308-1614.

Tuesday-Celebrate Recovery-Mt. Vernon: Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Tuesday, 6 p.m. Contact: J.R. Cornelius 859-314-7828.

Thursday-Celebrate Recovery-Step Studies - Women Only: Community Outreach Center, 36 Castle Village Dr., Brodhead, Thursday, 6 p.m. Contact: Kathryn Pope, 606-308-3099 or Shell Bader 606-219-5653.

Thursday-Alcohol Anonymous: 8 p.m. Community Outreach Center, 36 Castle Village Dr., Brodhead, Ky. Call 606-308-8900.

Friday-Celebrate Recovery-Livingston School Cafe 9226 Main St., Livingston. 6 p.m. Contact: J.R. Cornelius, 859-314-7828.

Sunday - Celebrate Recovery Step Studies-Men Only. 6 p.m. Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Contact: Jason DeBord 606-386-0646 or J.R. Cornelius 859-314-7828.

Storm selected as Toll Fellowship participant

The Council of State Governments has announced that Senator Brandon Storm, R-London, has been selected to participate in the 2023 CSG Henry Toll Fellowship. Bringing together 47 individuals representing 29 of the states and U.S. territories and from all branches of state government, the Henry Toll Fellowship is the nation's premier leadership devel-

opment program for state government officials.

"I am incredibly honored to have been nominated and selected to receive the Henry Toll Fellowship," Storm said. "When I consider those who have received this recognition before me, I realize what a privilege it is to be considered amongst some of the giants from all branches of both state and federal

government. I look forward to the many opportunities, discussions, and perspectives from my Toll Fellowship colleagues from across the country."

Since 1986, CSG has annually convened a new class of CSG Henry Toll Fellows at its national headquarters in Lexington, Kentucky, for an intensive leadership boot camp. The program's sessions are designed to stimulate personal assessment and growth, empower leaders to collaborate and communicate more effectively, and provide nonpartisan networking and relationship-building opportunities.

"While the CSG Henry Toll Fellows come from every region of our nation, from both political parties and all three branches of state government, they share one thing in common— they are all people of purpose with a passion for public service," said CSG Executive Director/CEO David Adkins, a former Kansas state senator and 1993 CSG Henry Toll Fellow alumnus. "Toll Fellows are selected based on their demonstrated commitment to solve problems, to work collaboratively to get things done, and their belief that state government can and must be a force for good."

Toll Fellows are nominated by their peers and selected by alumni of the program.

"The selection commit-

tee looks for leaders who have already demonstrated excellence in public service but who also show promise for continuing to make a difference in the future," Adkins said.

The Fellowship honors the founder of CSG, Henry Toll, who, as a former state senator from Colorado, was the driving force behind the creation of CSG in 1933.

"Each class of Toll Fellows has a different energy, and we are excited to see this year's dynamic," said Lorna Patches, deputy director of membership and leadership development at CSG. "Everyone in this group is a leader in their home state, which provides a tremendous opportunity for attendees to learn and grow through interaction with each other. The CSG experience provides a framework for shared conversations, which begin with our time together and extend for lifetimes."

There are more than 1,350 graduates of the Toll Fellowship, including five state/territorial house speakers, three sitting state supreme court justices, 10 sitting members of Congress, five sitting governors and more than 200 Toll alumni currently serving as state/territorial legislators.

For more information on the CSG Henry Toll Fellowship, visit: csgovts.info/tolls23 or email toll@csg.org.

Aces

(Continued from A2)

leaders. In my opinion, THAT is the biggest difference in Democrats and Republicans. Democrats need leaders. Republicans lead themselves. One side is afraid to let the people make their own choices. The other is afraid to let government make their choices for them.

In my interpretation of the Constitution, the people have been given full authority to disobey any law that is in direct conflict with the Constitution. The Constitution is either the law of the land or it is not. Exactly as the Bible is used by some to mean what they want, Democrats do the same with the Constitution. Supporting and loving pieces that fit one's agenda and then distorting other words from the same document is an unpatriotic as it gets. If you can change the parts you don't like, then you can change

any of it, making it as useless as a blank page.

As for myself, I am proud to be a free, white, male, Republican, Christian. I shall always be proud of all five of those things and I would have it no other way.

Here's to the rest of the Constitutional Republicans in the country and to the hope that others will see the truth someday. It is time we take our country back before our grandchildren have no freedoms left. Each freedom we give up is one freedom our kids will never know existed.

I am glad there are still about 200 million Americans who believe no one should make choices for another person.

Yes, we need laws to protect people from nutjobs. But we already have them. We just don't enforce them. We do not need more laws. We need to enforce the laws we have.

It is quickly becoming our patriotic duty to do so.

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Rockcastle County Farm Bureau

John Lawson, Agency Manager

Christa Taylor - Agent

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Obituaries

Glen Monroe Coffey

Glen Monroe "Poppy" Coffey, 93, of Mt. Vernon, died Friday, July 28, 2023, at Bluegrass Hospice Care Center in Lexington. Glen was born January 30, 1930 in Rockcastle County, the son of the late Henry Sanford Coffey and Lottie "Bessie" French Coffey.

Glen was a proud Veteran of the United States Army and served in Okinawa from October 1948 – April 1950. On July 25, 1953, he married his beautiful bride, Bonnie, three days prior to his death marked their 70th wedding anniversary. He was baptized May 2, 1954 at Wildie Christian Church and is of the Christian faith.

He loved farming, checking on his cows, and being outdoors. He could build or repair just about anything. He never met a stranger, always had a smile on his face, and loved being with people. Glen loved his family and especially cherished his two great grandsons. A favorite pastime was visiting at Ballard Parsons' Store in Wildie, talking with friends and shooting a game of pool. He enjoyed driving to his farm every day. We will all miss seeing his truck going up and down the road.

Glen retired after 30 plus years from Parsons Gas and Appliance Service. His former work career also included the Blue Grass Army Depot, Mt. Vernon Signal, general construction work and managing a service station in Renfro.

Glen is survived by: his wife of 70 years, Bonnie Anderkin Coffey; his daughter, Vicki New of Nicholasville; his granddaughter, Shawna Lundin and her husband Chris of Simpsonville; and two precious great grandsons who were his pride and joy, Zachary Lundin and Matthew Lundin. He is also survived by two very special friends, Donnie and Brenda Parsons.

He was preceded in death by: his son-in-law, John New; his parents, Henry Sanford Coffey and Lottie "Bessie" French Coffey; two brothers, William Lewis Coffey and Johnny Coffey; and six sisters, Lucy T. Coffey, Hester Proctor, Hazel Shelton, Irene McNew, Lavene Powell, and Lucille Hill.

Family and friends celebrated the life of Glen Monroe Coffey on Tuesday, August 1, 2023 at Lakes Funeral Home in Berea. Burial was in Berea Cemetery with military honors.

Lois Yvonne Ross

Lois Yvonne Ross, 87, of Norwood OH, formerly of Rockcastle County, died Tuesday, July 25, 2023 at The Lodge Care Center in Loveland, OH. Lois was born June 3, 1936 in Rockcastle County to Arthur Hurst and Cleo Poteet Hurst. She loved spending time with her family and she thoroughly enjoyed boating, fishing and being on Lake Cumberland. She was the best cook ever.

Survivors include: her daughter, Toni (Mike) Glisson of Norwood, OH; four grandchildren, Alisson, Austin, Rebecca and Jessica; five great grandchildren, Anderson, Braylin, Carly, Delanie, and Connor; one sister, Edith Shearer of Indianapolis, IN; and several nieces and nephews who are saddened by her passing.

In addition to her parents, she was preceded in death by: her husband, Lee Ross; her son, Gary Lee Ross; four brothers, Willie Hurst, Everett Hurst, Ralph Hurst and Harold Hurst; and four sisters, Betty Hensley, Flora Mae Brown, Lou Ella O'Callahan and Martha Hurst.

A graveside service will be held Saturday, August 12, 2023 at 10 a.m. at Poplar Grove Cemetery in Willailla.

Lake Cumberland Funeral Home is entrusted with the arrangements for Lois Yvonne Ross.

You are welcome to view the obituary and offer condolences to the family at our website:
www.LakeCumberlandFuneralService.com



Donna Kirby

Donna Clark Kirby, 64, of Mt. Vernon, died Saturday, July 22, 2023 at Rockcastle Regional Hospital. She was born in Franklin, OH on May 30, 1959, the daughter of Arval and Ethel Carpenter Clark. A graduate of Rockcastle County High School, she was a retired clerk for Dollar General and was of the Christian faith.

She is survived by: her husband, George Kirby; her children, Tim Robbins and wife Sheila, Angie Kirby, and Jennifer Hayes and husband Luke, all of Mt. Vernon, Dale Robbins of Georgetown, and Phillip Kirby of Richmond; two sisters, Goldie Kirby and husband Terry of Berea, and Linda Lawson of Somerset; six grandchildren, Makayla Robbins, Ashley Newland, Shelby Newland, Evan Hayes, Eli Hayes, and Brandon Overbay and wife Tiffany; and five great grandchildren, August Earwood, Lauren Overbay, Kealyn Overbay, Rowan Overbay, and Camden Overbay. In addition to her parents, she was preceded in death by her siblings, Doug, Rick, Danny, Joe, and Mike Clark, and Gena Dooley.

Funeral services were conducted Tuesday, July 25, 2023 at the Dowell & Martin Funeral Home Chapel by Bro. Darren Slone. Burial followed in Kirby Family Cemetery on Chestnut Ridge.

Pallbearers were: Troy Bullock, Billy Cope, Noah Earwood, Eli Hayes, Evan Hayes, Dale Robbins, and Tim Robbins.

Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook page to view online obituary.

Lucille Anderson

Lucille Anderson, 90, died peacefully at her home on Tuesday, July 25, 2023. She was born February 26, 1933 in Rockcastle County, daughter of Andy and Ethel Anglin Cox and graduate Livingston High School.

With her husband, Lucy founded and operated Fern Creek Funeral Home as a licensed funeral director. She was a member of Beulah Presbyterian Church and Fern Creek Woman's Club.

In addition to her parents, she was preceded in death by: a sister, Rachel Robinson; and brothers, Charles, John, Andrew and Luther Cox.

She is survived by: her husband of 67 years, William S. "Bill" Anderson; daughter, Gayle Anderson Yates; son and daughter in-law, Bill and Karen Anderson; grandchildren, Kelly Osborne (Phil), Sarah Yates Jenkins (Adam), and Sid Anderson; and great grandchildren, Anderson Jenkins and Annalise Osborne.

Funeral services were held Sunday, July 30, 2023 at Fern Creek Funeral Home. Private burial was in Resthaven Memorial Park.

Please consider contributions to ALS Association, KY Chapter. Obituary courtesy of Cox Funeral Home.



Church News

Let the Bible Speak

Tune in to "Let the Bible Speak," with Brett Hickey, on Sunday mornings at 6:30 a.m. on WDKY Fox TV

Revival

Faith Chapel Pentecostal Church will hold their third annual Revival inside the Great Saltpetre Cave Echo Auditorium August 9th - 12th. Wednesday, August 9th at 7 p.m. preaching inside the cave, Thursday, August 10th at 7 p.m. Eugene Webb preaching inside the cave, Friday, August 11th George Mullins preaching inside the cave, Saturday, August 12th at 11 a.m. Troy Roberts preaching at the Cave shelter. Everyone welcome, homecoming after church service.

Reunions

Miller Reunion

Miller Family Reunion will be at Maple Grove Baptist Church August 12th. The families of the late Bill and Suzie, John and May, Orville and Harriot, Oliver and Idia, Irvine and Letter and the late Terry and Maggie Gray are invited to come and spend time together. Bring covered dish. For more information call 758-4476.

Pine Hill School

Reunion

Pine Hill School Reunion at Pine Hill Baptist Church September 2nd. Everyone invited.

Benefit Singing

A Benefit Singing will be held at McNew Chapel Baptist Church on Saturday, August 5, beginning at 6 p.m.

Proceeds will go toward therebuilding of the church sanctuary.

Kay Himes and Friends and the White Oak Band will be performing. Everyone is invited.

NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky issued an order on January 6, 2023, scheduling a hearing to be held on August 22 – 25, 2023, at 9:00 a.m., Eastern Daylight Time, in the Richard Raff Hearing Room at the offices of the Public Service Commission located at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of cross-examination of witnesses in Case No. 2022-00402. This is an examination of the Electronic Joint Application of Kentucky Utilities Company and Louisville Gas and Electric Company for Certificates of Public Convenience and Necessity and Site Compatibility Certificates and Approval of a Demand Side Management Plan and Approval of Fossil Fuel-Fired Generating Unit Retirements.

This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov.

Public comments may be made at the beginning of the hearing. Those wishing to make oral public comments may do so by following the instructions listed on the PSC website, psc.ky.gov.

Louisville Gas and Electric Company and Kentucky Utilities Company
220 West Main Street
Louisville, Kentucky 40202

KING'S EYE CARE

Dr. Sarah King

Dr. Kevin Skidmore

Dr. Ashley Lane

Dr. Gary King

—Optometrists—

854 Ridgewood Dr. • Berea, KY 40403

www.eyedoctorberea.net

859-986-7027

Christ Prayer for Sinners

(Lk.23:34) Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots. When God establishes with which man may comply and receive a blessing, it is an abomination to ask for the blessing in disobedience to the law. (Prov.28:9) He that turneth away his ear from hearing the law, even his prayer shall be an abomination.

God has a law of pardon to aliens; hence, it is an abomination to ask they be saved independent of God's law.

Christ did not pray, Forgive them immediately, or at this very minute.

When God forgives sin, He does not bring it up again. (Heb.10:17) And their sins and iniquities will I remember no more. Fifty days after the prayer of Jesus, Peter charges them with this sin (Acts 2:36) Therefore let all the house of Israel know assuredly, that God hath made that same Jesus, whom ye have crucified, both Lord and Christ. Thus at this time Christ's prayer was answered.

They heard the gospel, believed and obeyed, and were forgiven of their sins (Acts 2:37-41) Now when they heard this, they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men and brethren, what shall we do? Then Peter said unto them, Repent, and be baptized everyone of you in the name of Jesus Christ for the remissions of sins, and ye shall receive the gift of the Holy Ghost. For the promise is unto you, and to your children, and to all that are afar off, even as many as the Lord our God shall call. And with many other words did he testify and exhort, saying, Save yourselves from this untoward generation. Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls. Christ could then rejoice His prayer had been answered.

Christ is praying that same prayer for us that we too will obey the gospel that will save our souls, so that our sins can be washed away.

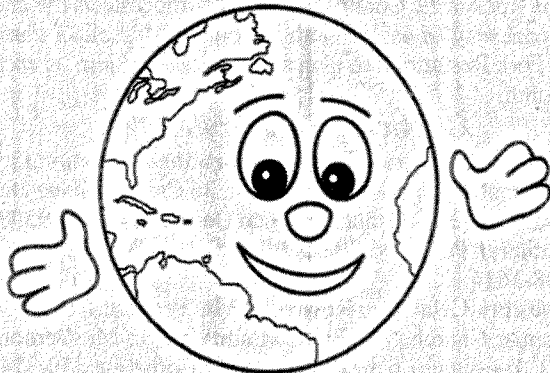
Thank you for reading this article. We have videos to watch on our You Tube Channel Chestnut Ridge Church of Christ Mt Vernon Kentucky. The church worships every Sunday morning at 10:00A.M. and Wednesday evening at 7:00P.M. COME AND JOIN US. YOU WON'T BE DISAPPOINTED. IF YOU WOULD LIKE TO GET IN CONTACT WITH SOMEONE FROM THE CHURCH YOU CAN CALL THIS NUMBER 606-224-1480 or you can email me ovabaker@windstream.net WE OFFER TO ANYONE INTERESTED IN STUDYING THE BIBLE. FREE BIBLE CORRESPONDANCE COURSES.

(REMEMBER GOD LOVES YOU)

• Chestnut Ridge Church of Christ •

Sundays @ 10 a.m. & Wednesdays @ 7 p.m. • Everyone Welcome
Bro. Ova Baker 606-878-8104 • Bro. Dale McNew 859-582-4021

Church is located 2 Miles South of Mt. Vernon on Hwy. 25



2023 Rockcastle River Sweep

Join us on
Saturday, August 19th from 8:00 am to noon
to help remove tires and trash from
the Rockcastle River.

Bring a canoe or flat bottom boat and be ready to
get wet and muddy!

Meet at the Rockcastle River where you cross the river over to
Wildcat Mountain.

Lunch will be provided after the cleanup.

Call the Rockcastle Solid Waste Office at
606-256-1902 for more information.

Being a Christian is not always easy, but it's worth it

Have you ever considered the cost of discipleship? We live in a culture of people who lack commitment. The root of the problem is self-centeredness. Jesus addressed this issue of commitment in Luke 14. Jesus has never sugar coated what it would cost to be one of his disciples.

It is worth being a Christian as we read in Job 33:4 it says, The spirit of God has made me, the breath of the almighty gives me life. What an amazing feeling that being a Christian we have life after death.

It is worth being a Christian because you have peace and joy that no one can take away.

It is worth being a Christian because Jesus will always be that true friend that will never turn his back on you.

It's worth being a Christian because your life will become grounded in something that gives you stability.

It's worth being a Christian because you will have meaningful relationships with God and with other Christians that you will find comfort and strength.

It's worth being a Christian because there will be a time in your life that you have a desperate need that only God can give an answer to your request. There is such a sweetness when God answers our prayers on His time.

It's worth being a Christian because all your sins are instantly forgiven but your part of becoming a Christian is that you must confess your sins to Jesus and ask forgiveness.

It's worth being a Christian because after this world comes to an end we will reign with Jesus for all eternity. The end of your earthly life will become a gateway into the glory that God was preparing for you all along.

If I can help you in any way to become a Christian, I am ready to help you today!

Everyone Welcome
Robby Cable - 606-305-8452

109 Providence Cemetery Rd. • Brodhead

Providence
CHURCH of CHRIST

Come Worship With Us! Sunday Morning Bible Study: 9:30
Sunday Morning Worship: 10:20- Sunday Evening Worship: 6:00
Wednesday Evening Bible Study: 7:00

Clarification

Past Livingston administration says all FEMA funds used properly and accounted for

In a recent Livingston City Commission meeting, past mayor Dwane King voiced some complaints and asked several questions of the current administration. One of those questions concerned a drainage system that was slated to be repaired through a FEMA (Federal Emergency Management Agency) grant.

However Mayor Larry Davidson and Commissioner Sandi Singleton told King that the funds that had been granted to the city were used for other projects and the drainage problem did not get repaired.

King strongly denied using FEMA funds for anything other than its intended purpose.

However, Davidson, Singleton and City Clerk Samantha Smoker agreed that the time allowed by FEMA to repair the storm drainage system had passed and the storm drain had not been repaired.

Officials say Smoker

then applied for, and was granted, an extension from FEMA to perform the repairs.

King's daughter Melissa Hahn then performed an open records request to the City of Livingston.

Hahn says the documents provided to her prove that the previous administration did not spend FEMA funds on any unapproved projects. "The documents show that there was no money misspent and all funds are accounted for," said Hahn.

She also said city officials sat with her and went through "all the figures and all the money adds up. It's all there."

Livingston officials say they did not accuse or suggest any wrong doing by the past administration and were instead answering King's questions to the best of their ability.

Current Livingston officials say the drainage system in question will be corrected soon since the extension was granted by FEMA.

"Codes"

(Continued from front)

other bids," he said. "But if we can use what is left of the ARPA funds, this is a needed project." The commissioners agreed unanimously.

Davidson said repairing the pump will cost substantially less than purchasing a new pump.

The second agenda item included swearing in the three members of the new Codes Enforcement Board.

Davidson provided newly sworn-in members Sherri Goforth, Donna Durham and Rebecca Bullock, with a list of detailed duties and answered some questions concerning the board's authority. "Travis (Davis, Livingston Police Chief) is the Codes Enforcement Officer and I have full confidence in his knowledge and ability. He can answer any questions you may have."

Davidson also suggested a meeting with all code enforcement board members to discuss more details of the new board and explained that the board's duties include becoming involved if there is an appeal to an action by Davis as the enforcement officer. "You are basically the nonpartisan jury with subjective opinions," he said. "This system gives everyone an opportunity to fight an action taken by our codes enforcement officer concerning the nuisance ordinance."

"EPO"

(Continued from front)

tacted by 911 dispatch concerning the alleged stalking when he spotted the suspect on Main Street. The officer said that when Mullins saw the police cruiser, he made an abrupt turn onto KY-490.

Davis interviewed Mullins in a parking lot after Mullins pulled over and through an investigation discovered that Mullins had been charged in March for the same crime concerning the same victim.

Davis also said Mullins admitted to driving past the house in question in Livingston three times with no purpose but the victim reported more than three incidents.

Mullins was transported to the Rockcastle County Detention Center where he was held on the two charges, according to Davis.

In another case last week, County Attorney Jeremy Rowe announced that Bruce Smith of Livingston was sentenced to 12 months in the local jail for the offense of violating and Emergency Protective Order.

According to a the press release from Rowe, Judge Katie Slone sentenced Smith after the county was represented by Assistant County Attorney William Leger.

Rowe says violation of an EPO is a Class D Misdemeanor punishable by up to 12 months in jail and a \$500 fine.

"Pageant"

(Continued from front) but cannot have reached her 13th birthday by 10-31-23.

Entrants for the Little Miss and Mr. contest must be between 5 and 8 as of June 30, 2023.

No interviews are scheduled for contestants and entrants will be asked to introduce themselves and will have an on-stage question during the formal wear portion of the pageant.

The entry fee will be \$50 cash only for all contestants. The \$50 covers both Little Miss and Little Mr.

Winner of the Miss Teen and Pre-Teen will receive \$100 cash, a crown and a sash along with a gift while the runner up will receive \$30 and a gift.

The Miss Rockcastle winner will receive \$100 cash, a crown and sash and a gift.

Little Miss and Mr. will receive \$50 each, a crown, a sash, a gift and first runner up will receive \$15 each and a gift.

There will also be a Miss Congeniality Award and an Audience Favorite winner. The Audience Award will be determined by \$1 votes placed by audience members and Miss Congeniality will be determined by votes from other contestants.

Title winners are required to attend Kids Night of the Little World's Fair on August 16 and be available to assist the pageant director with events during the week. Winners will also be expected to attend State Fair events, State Pageants for their division and any other events as directed by the pageant committee.

The pageant in Brodhead has become one of the more popular events during the week-long activities as some contestants may come from across the state.

"App"

(Continued from front) the school system, the State of Kentucky, the county and the city of Mount Vernon, RCHS held a grand opening ceremony of the new system.

Some of the technically grown vegetables were planned to be used in the school cafeteria, saving district funds. Other vegetables were to be sold or used in other ways to raise funds for the school.

The new system was touted to be the newest form of agriculture across the nation, providing bigger, better vegetables at lower costs. In the process, the system was to foster student interest in high-tech agriculture creating App Harvest farms across the country and eventually providing fresh food for millions.

Owner of the company, Johnathan Webb, said he expected the new system to be the wave of that future of agriculture and the indoor farms would provide efficient fresh foods for all Americans while making Appalachia the Capitol of Agriculture.

However, last week, after only five years in business, the App Harvest Company filed for bankruptcy. The company apparently provides some level of support to the six schools participating in the program and how this bankruptcy will affect each school program has not been determined, according to school officials.

Officials at the school district have set a meeting to discuss the situation this week and expect to address the issue at the upcoming regular monthly meeting on August 8.

Haven

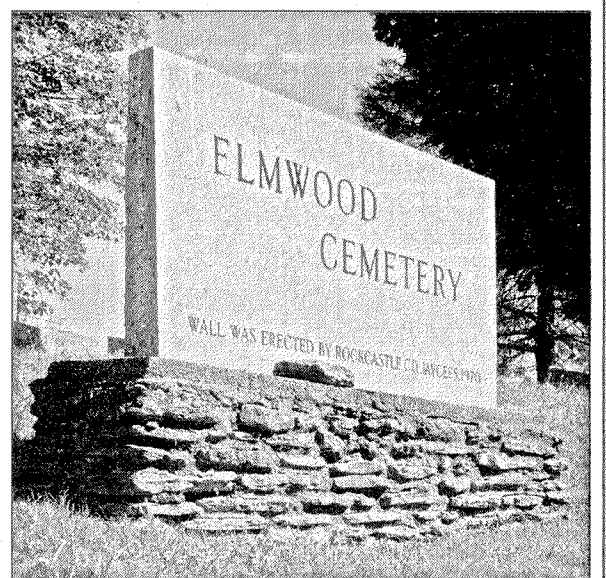
(Continued from A2)

another in Wildie. There is also evidence to suggest that there are multiple Stephen Langfords spanning generations. According to Lair, "the census report of 1790 shows him living in Lincoln county no doubt that portion of the county later included in Rockcastle." This does confirm that Stephen Langford did exist and was one of the first to actually settle in what is now Rockcastle County. There are also records to indicate that a Stephen Langford owned thousands of acres of land in Rockcastle County in 1873. Lair did consult an ancestor of two of the original Langford settlers and confirmed that there were two cousins also named Stephen Langford. Jeff Renner was able to narrow down a history of our own Stephen Langford and published this information in his book, Three Springs and a Wilderness Station. While there is debate as to who founded our county Stephen Langford did play a prominent role in establishing an early homestead here in what is now Rockcastle County and many consider him the founding father. Stephen Langford is buried in the Elmwood Cemetery in Mt. Vernon, Ky. The Rockcastle Historical Center would like to place a marker at his grave in recognition of his connections and contributions to our county.

From our earliest known origins Rockcastle County seems to have been destined as a pass-through place...merely a stop for travelers heading towards other destinations. We know better though, Rockcastle County is more than just a place to pass through. Our ancestors did settle this rough terrain. There have been times when our county boomed; when trains ran the rails. There have been other railways underground whose "passen-

gers" were passing through on more dangerous pathways. Each traveler left their mark on our small community. Rockcastle is rich with historical significance, that is both honorable and infamous. Join us each week as we travel through the rich history of Rockcastle County. We will meet heroes and outlaws. Here we will tease out the truths behind our folklore, and sift through the salt of this earth that we call home. Rockcastle County is littered with old tales of In-

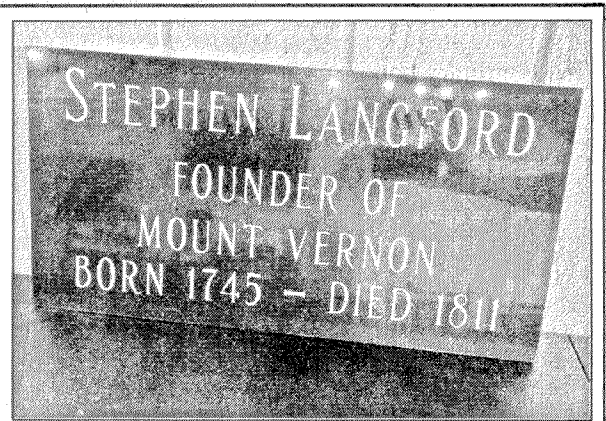
dian attacks, Civil War battlegrounds, slave owners; and stops on the underground railroad. We have our own musicians and moonshiners, politicians, and big business. We have had natural disasters and murder mysteries. The Rockcastle County Historical Center is dedicated to pulling the thread of folklore to find the truth behind the tall tales and finding the artifacts to back up our truths. Come join us each week on our journey through Rockcastle's Historical Haven.



Elmwood Cemetery



Stephen Langford gravesite.



Stephen Langford grave marker.

Kentucky State Police Operation SafeDRIVE

Kentucky State Police (KSP) Commercial Vehicle Enforcement will participate in the Federal Motor Carrier Safety Administrations Operation SafeDRIVE (DistractedRecklessImpairedVisibilityEnforcement) from August 1-3. This enforcement campaign targets unsafe driving behavior that often leads to crashes involving passenger cars and commercial vehicles. It complements national efforts to educate all drivers on safely sharing roads with large trucks.

The national SafeDRIVE initiative

cracks down on dangerous interstate driving behaviors such as aggressive driving, speeding, tailgating, failing to wear a seat belt, distracted driving, and driving under the influence. During this effort, KSP Commercial Vehicle Inspectors will open scale facilities, ensuring commercial drivers follow safety regulations, including hours of service compliance, commercial driver license compliance, medical certification, and commercial motor vehicle credentialing.

Officer Stevie Douglas, East Commercial

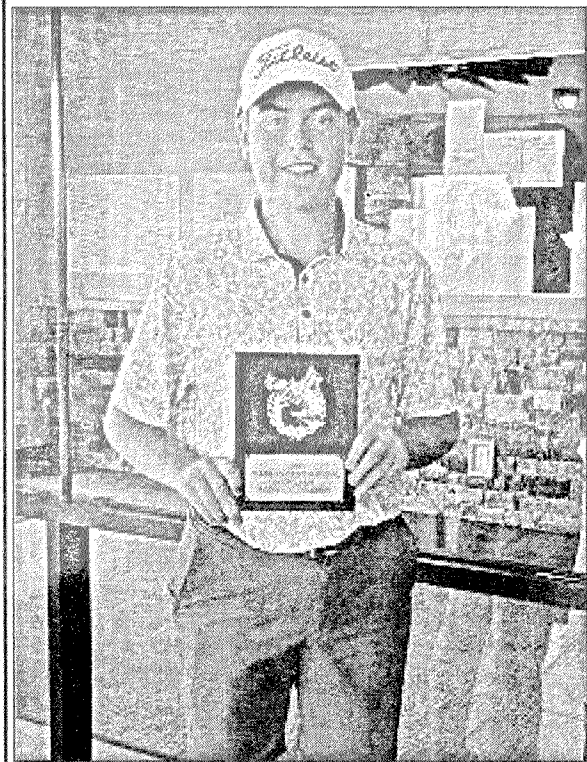
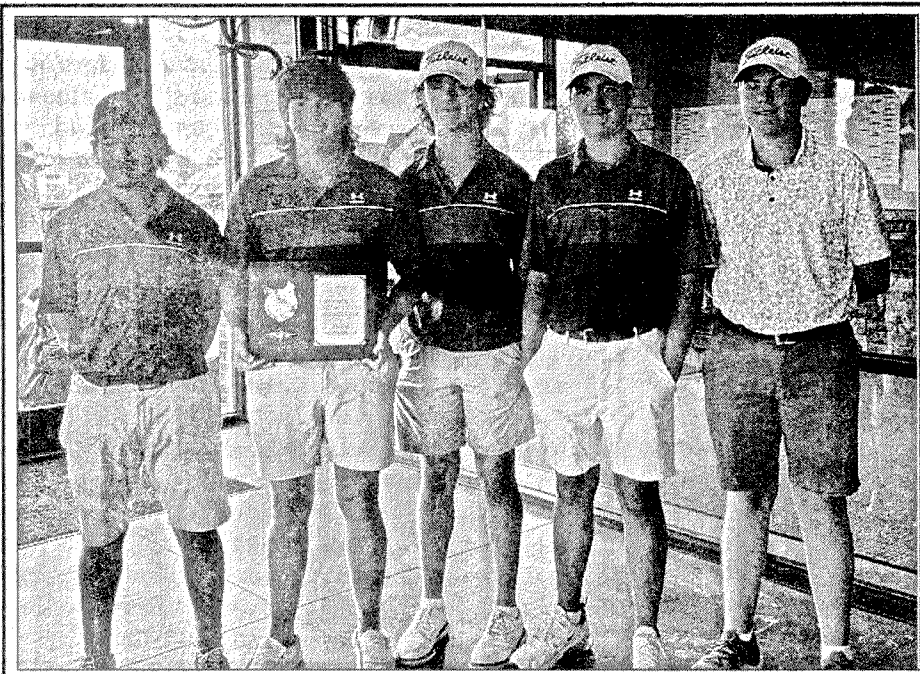
Vehicle Enforcement Spokesperson, says Operation SafeDRIVE can significantly impact highway safety.

It is important to our officers that everyone travels safely on our roadways, said Douglas. Operation SafeDRIVE is an opportunity for us to ensure drivers follow the rules of the road and offer tips to keep drivers protected.

Operation SafeDRIVE coordinates with a national campaign run by the U.S. Department of Transportation's Federal Motor Carrier Safety Administration.



Shown above Livingston Mayor Larry Davidson performed the swearing in ceremony for the newly formed Codes Enforcement Board. The board will preside over complaints or challenges from any citizen who receives a citation for not adhering to the Livingston Nuisance Ordinance which will be enforced beginning in August. Members of the board are Sherri Goforth, Rebecca Bullock and Donna Durham. The Codes enforcement Officer is Police Chief Travis Davis (not shown).



Rockcastle Rocket golf team placed second out of 17 teams in the Gimme Golf Classic at Boone's Trace. Members of the team are shown above, from left: Brody Hodge, Jake Cromer, Zeke Fain, Dalton DeBorde and Connor Ford. Connor Ford, at left, placed second in individual qualifying shooting with a 2-under par 70.

Callie Benge attends Youth Leadership

Rockcastle County High School Senior Callie Benge was selected to attend the 2023 NCCEP/GEAR UP Youth Leadership Summit in San Francisco, CA.

The Youth Leadership Summit is a highly competitive program that provides a high-quality, national-level interactive training experience and peer-to-peer learning opportunity focused on life, leadership and learning-to-learn skills for high school students who are currently participating in GEAR UP programs.

During leadership sessions Callie made connections and built relationship with students from all over United States and its territories. She gained skills that will help her be an effective leader in her school and community. To finalize her time at YLS, Callie and her team planned a presentation focused on mentorship and presented it in the Grand Ballroom at the Hilton in Union Square. Callie will use her leadership skills to help RCHS GEAR UP leaders with RISE.

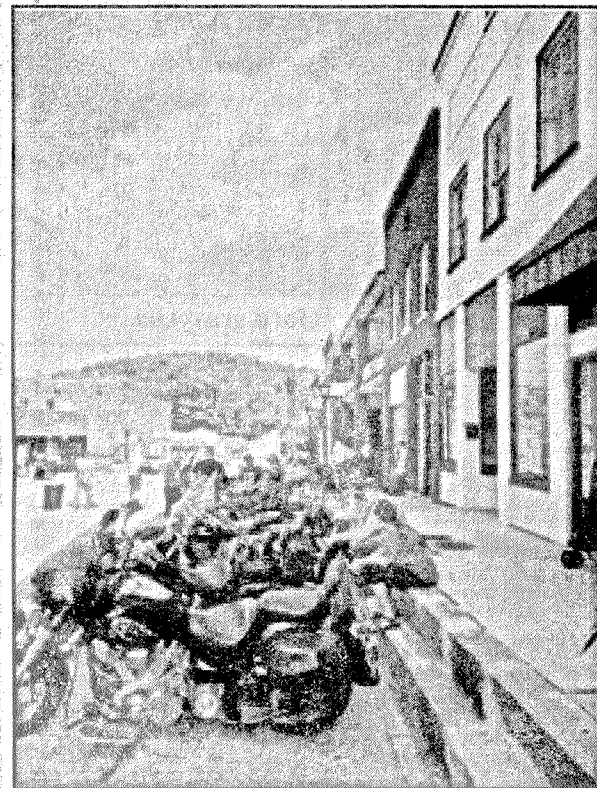
While in San Francisco, Callie was able to tour the Golden Gate Bridge, Fishers Wharf, Ghirardelli's Chocolate, Sausalito, and Meir Woods Forest.



RCHS senior Callie Benge was selected to attend the 2023 NCCEP/GEAR UP Youth Leadership Summit in San Francisco, CA. While there, she was able to tour the Golden Gate Bridge, Fishers Wharf, Ghirardelli's Chocolate, Sausalito, and Meir Woods Forest.

Subscribe to the Signal
256-2244

Friday After Five



The second of three Friday After Five events was held last Friday. This event included two local bands and a bike show. According to organizers from the Rockcastle County/Mount Vernon Tourist Commission and the City of Mount Vernon, a crowd braved the hot temperatures to enjoy a free night of fun and activity on Main Street in Mount Vernon with over 50 motorcycles shining in the sun. The final event is planned for Friday, August 25.

Mamaw's Kitchen

By Regina Poynter Hoskins

LEMON BLUEBERRY BREAD
1 and 1/2 cup all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1/2 cup sugar (or Splenda)
1/4 cup vegetable oil
2 tablespoons lemon juice
2 large eggs
1/2 cup buttermilk
1 teaspoon vanilla extract
1 and 1/2 cups fresh blueberries

Preheat oven to 350°. Spray or grease an 8 x 4 loaf pan. Whisk flour, baking powder, baking soda, and sugar in a medium bowl. Set it aside. Stir together oil, lemon juice, eggs, buttermilk, and vanilla. Stir in dry ingredients just until mixed. Gently fold in blueberries. Pour into prepared pan. Bake for 40 to 50 minutes or loaf is browned and toothpick inserted into middle

comes out clean. Cool on cooling rack at least 10 minutes before turning out of pan to finished cooling. NOTE: You can also use completely thawed and drained frozen blueberries.

PEACH BREAD
3/4 cup granulated sugar
1/2 cup buttermilk
1/2 cup oil (canola or vegetable)
1 large egg
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
2 or 3 cups diced fresh peaches

Preheat the oven to 350°. Grease 9 x 5 loaf pan. In a medium bowl, stir together sugar, buttermilk, oil, egg, and vanilla. In a separate bowl, combine the flour, baking powder and salt. Add the dry ingredients to the wet ingredients and stir until just combined. Fold the peaches gently into the batter. Pour into prepared pan. Bake 55 to 60 minutes. A toothpick inserted in the center of the bread should come out clean. Allow the bread to cool for 10 minutes, then remove the bread to a wire rack to cool completely.

FRESH BLACKBERRY BREAD
3 cups flour
1 and 1/2 cups sugar divided
1 teaspoons baking soda
1 teaspoon salt
1 teaspoon cinnamon
4 eggs
3/4 cup vegetable oil
2 and 1/2 cups blackberries

Preheat the oven to 350°. Spray a 9 x 5 loaf pan with non-stick cooking spray. Put the blackberries and 1/2 cup of sugar in a bowl and mash with a fork. In another large bowl, whisk the eggs with remaining 1 cup of sugar, then add the oil and mashed blackberries. Add flour, baking soda, salt and cinnamon and mix until combined. Pour the mixture into a loaf pan. Put in the oven and bake the blackberry bread for 1 hour.

**Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 23-CI-00003**

**Wintrust Mortgage, a division of
Barrington Bank & Trust Company, NA**
Plaintiff

V.
Mary Wilson, Bradley Wilson Defendant

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 11, 2023 for satisfying the judgment entered in favor of the plaintiff against the defendants in the amount of FIFTY THREE THOUSAND FIFTY NINE DOLLARS AND 07/100 (\$53,059.07) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Thursday, August 10, 2023
Beginning at the Hour of 10:15 a.m.**

Said real property being more particularly described as follows:

A certain tract of land located in Rockcastle County, Kentucky, which is more particularly bound and described as follows:
Beginning at a stake and set concrete block in the east right of way of Old Highway #25 and a corner common to Elizabeth Zeiger; thence S 7 E 184 feet with said Old Highway #25 to a stake and stone in old line, corner to James D. Goforth; thence S 82 E 150 feet with Goforth's line to a stake and stone, corner to Goforth and Collins; thence N 1 E 207 1/2 feet to a set concrete block in Collins' line; thence N 77 W 45 1/2 feet with Collins to a set concrete block, corner to Elizabeth Zeiger; thence with Zeiger's line S 82 W 125 feet to the point of beginning, and containing 8/10 of an acre, more or less.
Subject to all restrictions, conditions and covenants to all legal highways and easements.
Commonly known as: 463 Upper Calloway Loop, Mount Vernon, KY 40456

Being the same property conveyed to Mary Wilson and Bradley Wilson, wife and husband who acquired title, with rights of survivorship, by virtue of a deed from Zannie Burdine, unmarried, dated July 1, 2019, recorded July 8, 2019, at Deed Book 0269, Page 0389, Rockcastle County, Kentucky records.

The property shall be sold upon the following terms & conditions:

1. The real property shall be sold together as a whole.
2. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser(s) required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
3. The bond shall bear interest at the rate of (4.75%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
4. The purchaser shall pay the 2023 local, county and state property taxes.
5. Unpaid delinquent State, County and/or City ad valorem real estate taxes owed to those government entities, and not sold pursuant to the provisions of KRS Chapter 134 to any private purchaser during the pendency of this action shall be paid from the sale proceeds.
6. Full satisfaction of the judgment shall be paid from the proceeds of the sale.
7. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
8. In the event the plaintiff is the successful bidder, and the sale price does not exceed the amount of the judgment, no deposit or bond shall be required.
9. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

**John D. Ford
Master Commissioner
Rockcastle Circuit Court**

Community Gathering

August 12-13

Mt. Vernon City Park

FREE EVENT RAIN OR SHINE EVERYONE IS WELCOME

FOOD | FUN | GAMES | MUSIC

Saturday:
Games (Cornhole Tournament): 11am-4pm ↓
Food Served: 5pm
Revival Service: 7pm-9pm

Sunday:
Games & Music: 11am
Revival Service: 2pm-5pm

Mount Vernon City Park

SCAN ME

Yards to Paradise

By: Max Phelps
Landscaping with Fruits and Nuts

While it is a fact some folks don't want to deal with fallen fruit and nuts in the yard, nor colorful bird poop after they steal some of the smaller fruits and then 'nature calls', we are writing for the rest of you all who have a yard and wouldn't mind doing double duty by having both shade and fruit or hedges and fruit. And, who knows, a few of the no-fruit people might change their minds if they read along.

For larger yard trees, typically it's maples and Bradford pears we see on every city block, in practically every yard. (Did you know both produce a lot of pollen? And the maple trees that don't produce seeds are worse for the allergy sufferer?) Large trees to consider instead might include oaks, ginkgo, fruiting pears, crabapples that also have fruit big enough to use, black walnuts, white walnuts, hickories, pecans, chestnuts and American beech.

A pecan, chestnut, walnut, fruiting pear, plum, persimmon, or mulberry tree could just as easily provide shade, plus edible nuts and fruits for people and wildlife. Full sized apple trees on seedling or Antonovka rootstocks make a 30 foot tree someday which might produce ten or more bushels of apples per year ten or twenty-five years from now. (And, with careful selection, rather than grabbing a tree at the big box store, you can even find varieties of apples that will hold their fruits for several weeks after they are ripe, or even all winter for a few—unless a great big windstorm comes along, in which case all promises are off about hanging onto their fruit.) Some apples can be as pretty as flowering crab apples.

If you don't have room for a shade tree, then you might replace a redbud or white dogwood with a kousa dogwood or cornelian cherry dogwood that have

edible fruit and pretty blooms. Maybe a pawpaw tree or a cherry, persimmon, jujube or a peach. Or dwarf or semi-dwarf apples and pears. Maybe serviceberries—they're rather like blueberries on trees.

Here's an idea: Bud-9 and M-27 and G-41 dwarf roots produce apple trees no more than 6 to 8 feet tall. These little guys need staking, though. Consider an espalier, or a hedgerow or cordon. A couple posts and wires to support the trees and plant them three feet apart like you would boxwoods or viburnum shrubs could give you a thick hedge...loaded with lovely fruit you can pick with no ladder. Wouldn't look bad either—a cordon acting as a hedge with lots of apples for eating and cooking.

Pole apples are basically straight trunks, no limbs. This could be the ticket to fruit if you have a tiny yard, or even just a patio and room for a large container. Of course, containers are not limited to apples.

A bed of blueberries...especially ones with red or yellow limbs that show in winter, with pink and white blooms in spring, and blue berries in June and July...would look nice. And if you purchase blueberries from the supermarket, you realize they are a high value fruit—you could produce several pints from each bush in your yard.

For borders, how about a dwarf blueberry or a creeping raspberry or some strawberries? For the hedge or screen, forsythia bush might be replaced with a honeyberry bush or high-bush cranberry viburnum. A burning bush might be replaced with a dwarf cherry bush.

Most folks have seen contorted filberts, called Harry Lauder's Walking Stick? Well, since hazelnuts need a second variety to cross pollinate, why not find a spot for a couple more hazelnuts, and your contorted one will have one

more added attraction. Nuts! There's even a purple leaved variety.

Arbors and fences could be covered with grapes, goji berries, kiwi, passion flower vines, hops, or magnolia vines.

You might not have to give up your fall color with nuts and fruits either. Some apples have red or orange fall color, hickory trees have golden yellow, and some grapes have red leaves in the fall.

Everyone can find a spot for a couple blueberries or gooseberries. They'll be right at home among sun chokes (Jerusalem artichokes which look like sunflowers), black-eyed-susans and echinacea.

Other edible cuties might include service berry bushes, or a raised bed filled with strawberry plants. Strawberries would look good most anywhere you would have a raised flower bed or a terraced wall with flowers just beyond it. Cranberries, kinninnick (called bearberry), lingonberry, huckleberry and creeping Oregon grape also come to mind.

Oak trees drop nuts and sweet gum and sycamore drops stickyballs, so why not some pears or chestnuts? And a full sized apple tree can be limbed up like a maple, with fruits way up high and you can walk and mow under it's limbs. Should you have trouble finding a full sized apple—you can plant a dwarf one really deep so the graft union will be buried and the top part of the tree would put out roots just below the surface and become a full sized



Plenty of pears

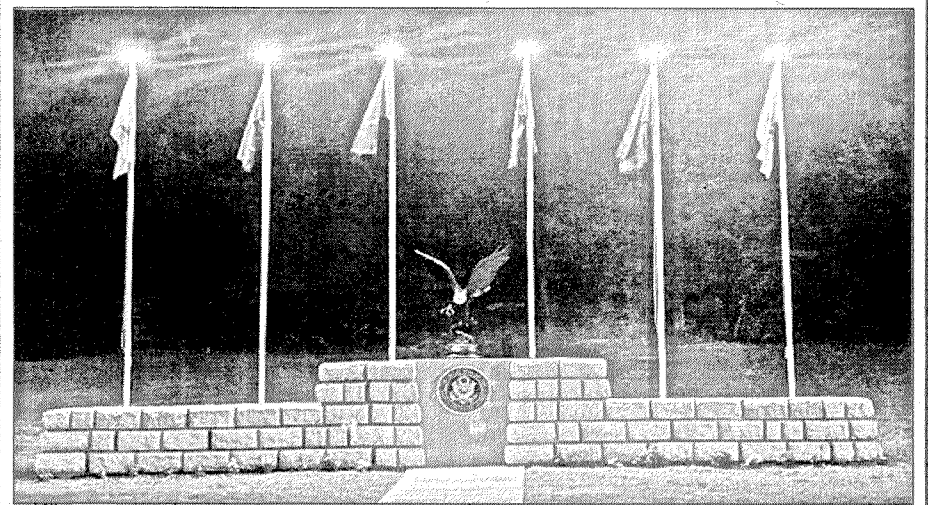
tree. Look for a graft union just above the roots—for budded trees have the new variety a foot or more above the root and you don't want to be planting your apple tree that deep.

Not every nut, not every apple or peach, just like not every maple, will make a perfect lawn tree. But, there

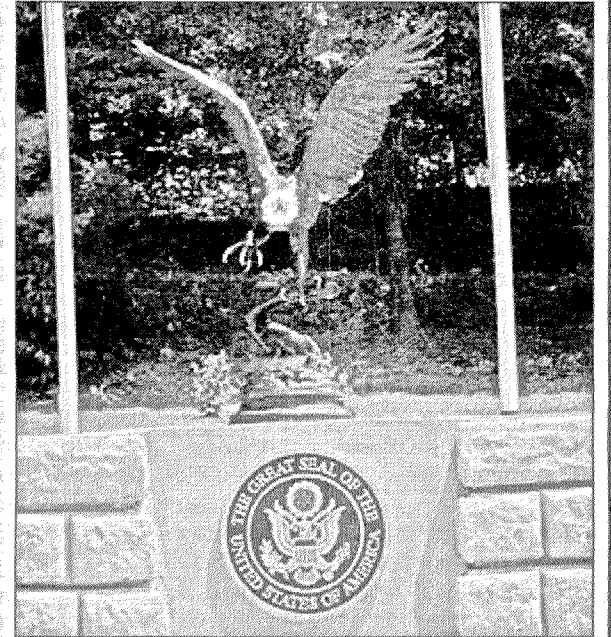
are good ones if you search them out. They may be old varieties your grandparents grew, and hard to find. Yellow delicious isn't much to look at in the front yard. But, a Liberty or Arkansas Black or a Northwest Greening or Cornish Aromatic apple tree just might work. I know a well planned

yard with fruits and nuts can work, for I've done it more than once over the years. My hope is it will also work for some of my readers.

The author is a landscaper. Contact Max via website: rockcastles.net or (606) 416-3911



City workers Frank Baker, Jordan Bales and Brent Jones recently placed a bronze sculpture of an eagle on the wall containing the service flags of the United States military at the Rockcastle County Veterans Park located in the Veterans Complex near Lake Linville. The Eagle is 6 feet tall and weighs over 400 lbs. Placement of the Eagle completes phase 1 of the park project. The local Chapters of the American Legion and Veterans of Foreign Wars have recently been able to secure a M2 Bradley Fighting Vehicle which is being moved to Rockcastle County from a museum in Virginia. The concrete pad for the Bradley is currently being poured and must cure for several weeks before the military vehicle can be set. Rockcastle County will be the first outdoor park to have the Bradley on display.



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SUGAR'S PUZZLE PAGE

LOST GERUND

1	2	3	4	5	6	7	8	9	10	11	12	13
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	49	50						51	52			
53					54		55				56	57
59						60					61	
62					63					64		
65					66					67		

ACROSS

- 1) Some double-reed instruments
- 6) Drawn tight
- 10) Campus cadet's org.
- 14) Feel grief
- 15) Subj. matter
- 16) Turkish honorific
- 17) It may be given to hospitalized cattle?
- 20) Golf peg
- 21) Cookout requirement
- 22) Alludes (to)
- 23) "Reduce, ____, recycle"
- 25) "What ____ can I say?"
- 26) Easy win
- 28) Teach
- 32) Standoffish
- 34) Mediocre
- 35) ____-fi (book genre)
- 38) A Tupelo "yo mama" joke?
- 42) Coffee holder
- 43) "You were saying?"
- 44) Speaker's subject
- 45) Plumber's helper
- 48) Confederate soldiers, briefly
- 49) A theater award
- 51) One with a long face
- 53) Some curly-tailed dogs
- 55) Church alcove
- 56) Healthful resort
- 59) Skiing, surfing and a trip to Rodeo Drive?
- 62) Tricycle rider
- 63) Common entrance
- 64) AV component
- 65) Sound before going flat
- 66) Teenager's facial bane
- 67) Eyes suggestively

DOWN

- 1) Skip over
- 2) Rib, for one
- 3) Situated farthest from the center
- 4) "To ____ is human"
- 5) Glitch
- 6) Like large parking garages and stadia
- 7) Prince Charles' sister
- 8) Strange sighting in the night sky
- 9) It may be taken around the world
- 10) Fundraising device
- 11) Curved moldings
- 12) "And ____ you have it!"
- 13) Bounders
- 18) Strong gripper
- 19) Take care of something
- 24) Grand-scale poetry
- 26) Highway exit
- 27) Edible hedgepodge
- 29) "That's ____ your head!"
- 30) Police officer
- 31) "Worm of the Nile"
- 33) Adam's shameful cover-up?
- 35) Take the place of
- 36) Nursery item
- 37) Abbrev. in many company names
- 39) Former French coin
- 40) Dad's boy
- 41) Make yawn
- 45) Shows compassion for
- 46) Emperor's domain
- 47) Santa ____, Calif.
- 49) Gives approval to
- 50) Takes for a ride, so to speak
- 52) Brake, e.g.
- 53) Gets theatrical
- 54) Effervescent beverage
- 55) Unknown quote source, for short
- 57) Lowest poker hand
- 58) First Old Testament book, alphabetically
- 60) Mythical elephant-eater
- 61) Regret

Horror Movie Villains

NORMAN BATES
JASON VOORHEES
PENNYWISE
MICHAEL MYERS
CREEPER
DRACULA
DAMIEN
THREE FINGER
LEATHERFACE
THE STRANGER
CHUCKY
JIGSAW
DOLLFACE
PINHEAD
SAWYER
BILLY
TIFFANY
SAW TOOTH

E	O	D	A	M	I	E	N	N	A	N	I	E	R
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C	L	A	U	I	P	E	O	H	S	P	H	G	T
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S	I	E	K	E	D	T	H	E	W	S	I	R	P
H	B	S	Y	G	R	S	H	S	R	P	M	Y	D

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- Deadline for Classifieds is 4 p.m. Monday**

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Accepting Applications For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. TDD for hearing impaired only. 1-800-247-2510.

For Rent
Maple Street Storage of Brodhead
606-308-2491

Property For Sale

30 Acre Stand of Timber. Sawmill nearby. Call 606-594-8990. 33xntf

Posted

Posted: No hunting or trespassing on land belonging to Wayne and Marie Bullock on Kincade Ridge, Mt. Vernon. 5x24

Posted: No hunting or trespassing on Julie Lowery properties, 3512 Ky. 3245, Brodhead, and 3745 Ky. 3245, Brodhead. 23x4

Posted: No trespassing on property owned by Shannon Hellard on Cove Branch Road in Rockcastle County. All violators will be prosecuted. 8/17/23

Posted: No hunting or trespassing on property belonging to Brian and Angela Burdine and located at 428

Black Bear Lick Lane, Livingston. Violators will be prosecuted. 47xntf

Posted: Absolutely no trespassing on land belonging to L.J. Honeycomb LLC for any reason. Formerly known as Christ Outreach for the Blind. Violators will be prosecuted. (9/23)

Posted: No hunting or trespassing on farms, belonging to Gary and Peggy Roberts, on KY 3245. Violators will be prosecuted. (12/22/23pd)

Posted: No hunting or trespassing on land belonging to Orville and Bernice Burkhart on Cove Branch, Livingston, Mt. Vernon. Violators will be prosecuted. 35(22)x50p

Posted: No hunting or trespassing on land belonging to Glen Roberts at 560 Dix River Branch Road, Brodhead. Violators will be prosecuted. 35xntf

Posted: Property belonging to Kitty Reese on Smallwood Road at Roundstone. All trespassers will be prosecuted. 49xntf

Posted: No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents.

Posted: No trespassing, hunting or fishing on land belonging to Rachel Denney on Hwy. 3245 (former Reggie Benge property).

Posted: No trespassing on property known as C.B. Owens Farm across from Fairgrounds in Brodhead. Violators will be prosecuted. 25tfn

Miscellaneous For Sale

Cresthaven Cemetery Plots. Contact Billy Dowell, 606-308-1058. 39xntf

Motor Vehicles For Sale

1952 Chevy Pick-up, five window. Show truck. V8, automatic, \$19,900. Also **1957 Chevy Pickup.** Show truck. V8, automatic, \$18,900, 606-386-1470.

Notices

Notice: Farley Newcomb is not responsible for any debts made other than his own.

Notice is hereby given that Brian Burdine, 105 White Star Rd., Mount Vernon, KY 40456 and Kevin Burdine, 433 Upper Calloway Loop Rd., Mount Vernon, KY 40456 have been appointed Co-Executors (has will) of the estate of Jackie Dean Burdine, deceased, on the 12th day of July, 2023. Any person having claims against said estate shall present them according to law, to the said Brian Burdine and/or Kevin Burdine or to John D. Ford, PO Box 247, Mount Vernon, KY 40456 on or before January 12, 2024. 23x3

Notice is hereby given that Karla Kay Bullock, 1488 Spiro Rd., Mount Vernon, KY 40456 has been appointed executrix (has will) of the estate of Karen Faye Bullock, deceased, on the 12th day of July, 2023. Any person having claims against said estate shall present them according to law, to the said Karla Kay Bullock on or before January 12, 2024. 23x3

Notice is hereby given that Theresa Sturgill, PO Box 96, Livingston, KY 40445 has been appointed executrix (has will) of the estate of Byron Douglas Cole on the 12th day of July, 2023. Any person having claims against said estate shall present them according to law, to the said Theresa Sturgill or to Hon. William Leger, PO Box 1250, Mount Vernon, KY 40456 on or before January 12, 2024. 23x3

Notice is hereby given that Clyde Gibbons, 344 Ember Road, Livingston, KY 40445 has been appointed Administrator of the estate of Christine Carroll, deceased, on the 26th day of July 2023. Any person having claims against said estate shall present them, according to law, to the said Clyde Gibbons or to Hon. John D. Ford, PO Box 247, Mt. Vernon, KY 40456 on or before January 29th, 2024 at 9:30 a.m. 25x3

Notice is hereby given that Virginia Sowder, 105 Schoolhouse Rd., Mt. Vernon, KY 40456 has been appointed Administratrix of the estate of Vernon E. Sowder, on the 28th day of June, 2023. Any person having claims against said estate shall present them according to law, to the said Virginia Sowder or to John D. Ford, PO Box 247, Mount Vernon, KY 40456 on or before December 28, 2023. 25x3

Notice is hereby given that Randall Cromer, 48 Bussell St., Apt. 14, Brodhead, KY 40409, Tony C. Cromer, 2118 Barringer, Louisville, KY 40204 and Tamela Bailey, 2687 Highway 2750, Crab Orchard, KY 40419 has been appointed Co-Administrators of the estate of James Carlis Cromer, deceased, on the 27th day of June 2023. Any person having claims against said estate shall present them, according to law, to the said Randall Cromer, Tony C. Cromer and Tamela Bailey or to Hon. Brian D. Bailey, 426 S. 4th Street, Danville, KY 40422 on or before December 27, 2023 at 11:00 a.m. 25x3

Subscribe

Yard Sales

Yard Sale: Multiple families. Thursday and Friday, August 3rd and 4th, 8 to ? 125 Hunter St.

2-Family Yard and Garage Sale: Saturday, 9 to 3, 4652 Spiro Rd. between Old Candle Shop and Skaggs Creek Church. Corn hole game, coffee table, end tables, side chairs, ladies clothes, shoes and purses, school supplies, some fabric, silk flower arrangements, vases, odds and ends.

Multi-Family Yard Sale: 176 Strawberry Lane, Brodhead, Ky. Friday and Saturday, August 4th and 5th, 9 to 5. Rain or shine. TV, wheeled string trimmer, hydraulic ATV table lift, exercise rowing machine, toys, backpacks, board games, books, mens clothing, womens clothing 14-2x, womens shoes sixe 6-9, make-up, king size sheets, decorative pillows and much more.

Big Moving Sale! Lots of Longaberger baskets, organizers, garage fridge, men and ladies clothes, some small furniture, and lots more. 191 Jefferson Trail, Somerset, KY 42503. Hwy 461 across from the Big Red produce Barn. Valley Oak Subdivision, Friday 2 to 8 and Saturday 8 to 2. Free items on Saturday at 2:00.

2 Family Yard Sale: White Rock Rd., Friday and Saturday, 9 to 3, bunk beds, clothes #1 for a Save a Lot bag, lots of blue jeans, pictures, movies, silver and brass, furniture, quilts, jewelry, Boyds Bears, purses - name brands, lamps, what-nots, dishes, lots more items.

Classified
Deadline is
4 p.m. Monday

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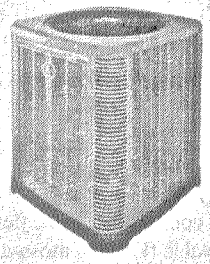
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DAR presentation



Rockcastle DAR Flag Chairman Edwina Anglin presented flag certificates to the Livingston Postmaster, Charles Robinson, (below) and to the Rockcastle Co. Courthouse (above, Wanda Coffey accepting from the office of Co. Judge Executive Howell Holbrook Jr.). Certificates are presented to individuals, organizations and businesses that properly display the U.S. Flag. If you know of someone that displays the flag properly, please rockcastledar@gmail.com



Mamaw's Kitchen

BROCCOLI, CAULIFLOWER & CARROTS WITH PARMESAN BREADCRUMBS

1 and 1/2 pound broccoli florets
2 pounds cauliflower flowerets
1 pound carrots, cut 1/4-inch thick
1 tablespoon vegetable oil
4 tablespoons unsalted butter
2 cups very coarse dry breadcrumbs
1/2 cup Parmesan cheese, grated

In a large saucepan of boiling salted water cook vegetables until crisp-tender, 2 to 5 minutes. In a colander drain vegetables and refresh under cold water to stop cooking. Drain vegetables well. Vegetables may be prepared up to this point 1 day ahead and chilled, covered. In a large heavy skillet heat oil and 2 tablespoons butter over moderately high heat until foam begins to go away: sauté *broccoli, cauliflower, carrots*, stirring, until golden. Stir in Parmesan. Add salt to taste and sauté, stirring, until crisp. Breadcrumbs may be prepared 3 days ahead and kept in an airtight container. Preheat oven to 350°.

In skillet melt the remaining tablespoon butter over moderate heat. Add vegetables and toss with salt and pepper to taste. Sprinkle vegetables with breadcrumbs and toss to combine. Transfer mixture to a baking dish and bake, uncovered, 10 minutes, or until just heated through.

CORN TOMATO ZUCCHINI SAUTÉ

3 tablespoons butter, divided
1/2 red onion, chopped
1 Garlic clove, minced
1 medium zucchini, halved and quartered
3 ears corn, kernels stripped
1 and 1/2 cups halved grape tomatoes
1/4 cup freshly chopped basil, plus more for garnish
kosher salt
Freshly ground black pepper

In a large skillet over medium-high heat, melt 2 tablespoons butter. Add onion and garlic and cook until beginning to soften, 2 to 3 minutes, then add zucchini and cook until tender and golden, about 5 minutes. Add corn and the remaining tablespoon butter; cook 3 minutes more. Add tomatoes and cook until beginning to soften, another 3 minutes, then stir in basil and season with salt and pepper.

SESAME BROCCOLI

1 tablespoon sesame oil
2 cups chopped broccoli
1 tablespoon sesame seeds
1 green bell pepper, sliced

Heat oil in a large skillet over medium-high heat. Sauté broccoli and sesame seeds for 2 minutes. Stir in bell pepper and cook 2 to 3 minutes, until pepper is tender and crisp.

Hospice

(Continued from 3)

their dedication, compassion and competence.”

Healthcare First is a national organization that partners with hospices to send, receive, and analyze feedback from patients and families. Ronda Howard, a vice president with Healthcare First, congratulated Hospice Care Plus on its success.

“We began our Annual Hospice Honors Award program more than ten years ago as a way to highlight those agencies that are truly leading the way in providing and demonstrating quality patient care,” said Howard. “We congratulate Hospice Care Plus on their success and are so proud and honored that they have chosen to partner with us.”

To learn more, donate, or explore career and volunteer opportunities, visit hospicecareplus.org or call 859-986-1500.

RCIDA meeting

The Rockcastle County Industrial Development Authority regular monthly meeting scheduled for Wednesday, August 2 a has been postponed to next Wednesday, August 9 at 8:30 a.m. in the third floor conference room of the courthouse. The public is invited to attend.

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1) ENROLL IN OPERATION ROUNDUP

It's people helping people!
People like Jackson Energy members providing a small contribution each month by *rounding up* - that funds grants for civic organizations, food banks, family resource centers, volunteer fire departments and many other groups.

2) SIGN-UP FOR PAPERLESS BILLING

With Paperless Billing - you'll enjoy:
◆ Convenience
◆ Security
◆ Peace of mind

Jackson Energy members can sign-up for BOTH programs thru our SmartHub app or by giving us a call - *we're here to help!*
Monthly winners ◆ Limited time offer

JACKSON ENERGY
A Touchstone Energy Cooperative

jacksonenergy.com/operation-roundup ◆ 1-800-262-7480

Are you an expectant parent or parent of a newborn?

Do you have questions about having

- ...a healthy pregnancy?
 - "Are the feelings I'm having typical?"
 - "How is my baby developing each month?"
 - "What should I know before delivery?"
- ...a healthy baby?
 - "How do I know what my baby needs?"
 - "How do I help my baby feel secure and loved?"
 - "What should I expect as my child grows?"
- ...a healthy toddler?
 - "When should my child begin walking and talking?"
 - "How important is a dad's role in a child's development?"
 - "What is appropriate discipline?"
- ...a healthy family?
 - "How do I manage the stress of having more than one child to care for?"
 - "How do I discipline my older children without making them feel like I love the new baby more?"
 - "How do I balance everyone's needs?"

If you answered 'yes' to any of these questions and would like more information, contact your local health department to learn more about HANDS.

CUMBERLAND VALLEY
DISTRICT HEALTH DEPARTMENT
606-256-2242